

Adriana Miu, Ph.D.

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TX Licensed Psychologist (PSY 38182)

CA Licensed Psychologist (PSY 29296)

EDUCATION

Ph.D. in Clinical Psychology Emory University, Atlanta, GA Dissertation Topic: <i>The Effects of Mindsets on Depression</i>	2016
M.A. in Psychology Emory University, Atlanta, GA	2013
M.A. in Education Stanford University, Stanford, CA	2011
B.A. in Psychology B.A. Honors in Economics Stanford University, Stanford, CA	2010

PROFESSIONAL APPOINTMENTS

Clinical Assistant Professor UT Southwestern Medical Center, Department of Psychiatry	2019 - Present
Clinical Instructor Stanford University, Department of Psychiatry and Behavioral Sciences	2017 - 2019
Staff Psychologist Stanford University, Confidential Support Team	2017 - 2019
Postdoctoral Psychology Fellow Stanford University, Department of Psychiatry and Behavioral Sciences	2016 - 2017

WORK EXPERIENCE

Clinical Assistant Professor <i>UT Southwestern Medical Center, Department of Psychiatry</i>	2019 - Present
<ul style="list-style-type: none">Conduct assessment and time-limited therapy for mood and anxiety disorders using integrative, evidence-based approaches (i.e., CBT, DBT, ACT)Conduct assessment and therapy for Early Psychosis Clinic	

- Supervise psychiatry resident and conduct training seminars

Clinical Instructor

2017 - 2019

Stanford University, Department of Psychiatry and Behavioral Sciences

Psychosocial Treatment Clinic

- Conduct assessment and time-limited therapy for mood and anxiety disorders using integrative, evidence-based approaches (i.e., CBT, DBT, mindfulness)
- Lead a research project on the effects of a growth mindset on resilience among sexual trauma survivors
- Conduct training on trauma interventions

Staff Psychologist

2017 - 2019

Stanford University, Confidential Support Team

- Conduct evidence-based, trauma-focused therapy to sexual assault survivors with substantial emphasis on PTSD, depression, and anxiety
- Lead effort in implementing clinic software to systematically collect patient symptom data
- Provide case management support, including hotline and urgent walk-in
- Supervise pre-doctoral trainee on implementing trauma-focused therapy
- Provide campus outreach

Postdoctoral Psychology Fellow

2016 - 2017

Stanford University, Department of Psychiatry and Behavioral Sciences

Psychosocial Treatment Clinic

- Conducted assessment and treatment for mood and anxiety disorders using integrative, evidence-based approaches (i.e., CBT, mindfulness, Interpersonal Therapy)

Confidential Support Team for Sexual Trauma

- Assessed and provided evidence-based therapy to sexual assault survivors with substantial emphasis on PTSD, depression, and anxiety
- Conducted research on resilience among sexual assault survivors

INSPIRE Early Psychosis Clinic

- Provided individual and group psychotherapy using CBT for Psychosis with clients experiencing schizophrenia and other psychotic disorders

Psychology Intern

2015 - 2016

VA Northern California Health Care System

PTSD Rotation, Oakland Behavioral Health Clinic

- Assessed for PTSD using structured clinical interviews
- Provided evidence-based treatments to individuals with trauma using Prolonged Exposure, Cognitive Processing Therapy, STAIRS, and Seeking Safety
- Co-led groups (PTSD 101, Stress Inoculation Training, CPT)

Inpatient Psychiatry Rotation, David Grant Medical Center

- Conducted psychiatric interviews with individuals who presented with serious mental illness and personality disorders
- Led treatment team meetings, provided brief individual therapy, led psychoeducational groups, and wrote psychodiagnostic assessment reports (e.g., MMPI, MCMI)

Substance Abuse Rotation, Oakland Behavioral Health Clinic

- Conducted individual and group treatments for individuals with dual diagnosis using CBT, Motivational Interviewing, DBT, and ACT

Behavioral Medicine Rotation, Martinez VA

- Provided individual and group psychotherapy for complex medical issues (e.g., chronic pain, insomnia, weight management, diabetes management) using CBT, motivational interviewing, and ACT
- Conducted transplant and bariatric surgery evaluation

General Mental Health Minor Rotation, Martinez VA

- Conducted assessments and long-term weekly psychotherapy for diverse client population with a wide range of presentations (e.g., mood, anxiety, and personality disorders)

Clinical Interviewer and Therapist 2014 - 2015

Trauma Recovery Program, PTSD Clinic, Atlanta VA Medical Center

- Provided individual and group treatments using Prolonged Exposure and Cognitive Processing treatments with veterans diagnosed with PTSD

Clinical Interviewer and Examiner 2013 - 2015

Georgia Refugee Health and Mental Health/ Psychological Center, Emory University

- Conducted diagnostic interviews and psychodiagnostic evaluations with refugees from Bhutan and Somalia along with an interpreter
- Wrote assessment reports of refugees' psychological and cognitive functioning

Therapist 2012 - 2015

Psychological Center, Emory University, Psychotherapy Practicum

- Provided weekly individual psychotherapy with a wide range of psychopathology, using CBT, behavioral, interpersonal, and mindfulness approaches

Therapist 2014

Cognitive Remediation Program, Children's Healthcare of Atlanta at Egleston

- Provided individual therapy to adolescents with neurological and medical diagnoses from a behavioral and family system orientation

Neuropsychological Examiner 2013 - 2014

Neuropsychology Department, Children's Healthcare of Atlanta at Egleston

- Conducted neuropsychological evaluations for patients with diverse medical and psychiatric illnesses (e.g., traumatic brain injury, epilepsy, heart transplants, bipolar disorder)
- Administered, scored, and interpreted test batteries and wrote integrated neuropsychological reports

Examiner 2012 - 2014

Psychological Center, Emory University, Psychodiagnostic Assessment Practicum

- Conducted psychodiagnostic assessment to children, adolescents, and adults who presented with a range of behavioral, emotional, attentional, or learning deficits (e.g., learning disabilities and ADHD)

RESEARCH EXPERIENCE

Graduate Student 2011 - 2016

Department of Psychology, Emory University

- Research interests: Fixed & growth mindsets; resilience; effectiveness of clinical interventions; biological and genetic factors in psychopathology
- Dissertation: “The Effects of Mindsets on Depression”

Honors Thesis Student 2009 - 2010

Department of Economics, Stanford University

- Research interests: Non-cognitive ability; interdisciplinary research
- Honors Thesis: “Parents’ Locus of Control and Children’s Health Care Utilization”

Research Assistant 2008 - 2010

Department of Psychology, Stanford University

- Research interests: Fixed & growth mindsets; hostile attribution bias; bullying

PUBLICATIONS

Lee, H.Y., Jamieson, J.P., **Miu, A.S.** Josephs, R.A., & Yeager, D.S. (2019). An entity theory of intelligence predicts higher cortisol levels when high school grades are declining. *Child Development, 90*(6), 849-867.

Wilson, H.W., & **Miu, A.S.** (2018). Response to survivors of campus sexual assault. In Roberts, L., & Ryan, K. (Eds.) *University Student Mental Health: A Guide for Psychiatrists, Psychologists, and Leaders Serving Higher Education* (339-354). Washington, DC: American Psychiatric Association Publishing.

Miu, A.S. & Yeager, D.S. (2015). Preventing symptoms of depression by teaching adolescents that people can change: Nine-month effects of a brief incremental theory of personality intervention. *Clinical Psychological Science, 3*, 726-743.

Fung, I.C. *, Tse, Z.T. *, Cheung, C.N. *, **Miu, A.S.** *, & Fu, K.W. (2014). Ebola and the social media. *The Lancet, 384*, 2207. [*Equal contributions]

Yeager, D.S., **Miu, A.S.**, Powers, J. & Dweck, C.S. (2013). Implicit theories of personality and attributions of hostile intent: A meta-analysis, an experiment, and a longitudinal intervention. *Child Development, 84*, 1651-1667.

Yeager, D.S., & **Miu, A.S.** (2011). Implicit theories of personality predict motivation to use prosocial coping strategies after bullying in high school. In Frydenberg, E., & Reevy, G. (Eds.) *Personality, Stress and Coping: Implications for Education*.

PROFESSIONAL PRESENTATIONS

- Miu, A.S.** & Wilson, H.W. (2019). The role of self-definition and growth mindset in coping with sexual trauma. Poster presented at the 35th International Society for Traumatic Stress Studies Annual Meeting, Boston, MA.
- Vogel, T.S., **Miu, A. S.**, & Wilson, H.W. (2019). Meaning in life, post-traumatic stress, and resilience among college students impacted by sexual assault and intimate partner violence. Poster presented at the 35th International Society for Traumatic Stress Studies Annual Meeting, Boston, MA.
- Miu, A.S.** (2019). Multicultural differences in coping responses to sexual trauma. Symposium talk presented at the Chinese Psychological Society 6th Registration System Congress of Chinese Clinical and Counseling Psychologists Conference, Wuhan, China.
- Miu, A.S.** (2019). Developmental Model of Supervision. Symposium talk presented at the Chinese Psychological Society 6th Registration System Congress of Chinese Clinical and Counseling Psychologists Conference, Wuhan, China.
- Miu, A.S.** (2019). Treatments of Sexual Trauma. Trainer for local chapter of the Society for Clinical Social Work, Palo Alto, CA.
- Miu, A.S.** (2018). Introduction to Cognitive Behavioral Therapy for psychosis. Guest Speaker at VA Palo Alto / Palo Alto University Practicum Student Seminar, Menlo Park, CA.
- Miu, A.S.** (2018). Building resilience: The application of growth mindset on sexual trauma. Guest Speaker at the Early Life Stress and Pediatric Anxiety Program, Stanford University Department of Psychiatry and Behavioral Sciences, Stanford, CA.
- Miu, A.S.** (2018). Sexual trauma response and intervention at Confidential Support Team. Guest Speaker at Postdoctoral Fellow Seminar, Stanford University Department of Psychiatry and Behavioral Sciences, Stanford, CA.
- Miu, A.S.** (2016). Building resilience against setbacks: The role of mindsets. Paper presented at National Taiwan University Department of Psychology, Taipei, Taiwan.
- Miu, A.S.** & Yeager, D.S. (2014). An implicit theories of personality intervention reduces adolescents' depressive symptoms over 9th grade. Poster presented at the Association for Psychological Science Annual Meeting, San Francisco, CA.
- Miu, A.S.** & Waldman, I.D. (2012). The association between androgen receptor gene (*AR*) CAG repeat length and externalizing behavior. Poster presented at the 42nd Annual Meeting of the Behavioral Genetics Association, Edinburgh, UK.
- Miu, A.S.** (2010). The effect of parents' locus of control and education on children's health care utilization. Paper presented at the 10th Annual Stanford Undergraduate Psychology Conference, Stanford, CA.

TEACHING & SUPERVISING EXPERIENCE

- Clinical Supervisor** 2019 - Present
UT Southwestern Medical Center, Department of Psychiatry
- Supervise psychiatry resident on Cognitive Behavioral Therapy
- Clinical Supervisor** 2018 - 2019
Stanford University, Confidential Support Team
- Supervise psychology practicum student on Cognitive Processing Therapy
- Clinical Supervisor** 2016
VA Oakland Behavioral Health Clinic
- Supervised psychology practicum student and co-led professional development seminar
- Instructor** 2014 - 2015
Undergraduate Seminar on Stigmas, Emory University
- Co-taught course focused on mental illness, substance abuse, sexuality
- Research Mentor** 2012 - 2015
Department of Psychology, Emory University
- Mentored senior honors thesis and supervised research assistants
- Teaching Assistant** 2014
Introduction to Psychology (Psyc 111), Emory University
- Provided support to students and gave lectures on abnormal psychology and conditioning
- Teaching Assistant** 2013
Research and Methods (Psyc 200), Emory University
- Taught weekly laboratory course on research design and scientific writing
- Clinical Practice Mentor** 2013
Psychological Center, Emory University
- Mentored first-year Ph.D. student and supervised her test administration and scoring
- Teaching Assistant** 2012 - 2012
Introduction to Statistical Inferences (QTM 100), Emory University
- Designed and taught weekly laboratory course to assist students with R
- Mathematics Teacher/ AmeriCorps Fellow** 2010 - 2011
Mission High School, San Francisco
- Taught advanced algebra and Advanced Placement Statistics

PROFESSIONAL AFFILIATIONS

International Society for Traumatic Stress Studies	2019 - Present
American Psychological Association	2018 - Present
Association for Psychological Science	2013 - Present
Department Colloquium Committee, Student Representative	2013 - 2015
Behavioral Genetics Association	2011
Stanford Undergraduate Psychology Conference, Director	2009
Psi Chi, Stanford University Chapter	2009

AWARDS AND HONORS

Research Award on Integrating Basic Science and Clinical Practices	2015
Howard Hughes Medical Institute Teaching Fellowship, Emory University	2014 - 2015
Graduate Student Fellowship, Emory University	2011 - 2015
Professional Development Support Competitive Funds, Emory University	2013
Behavior Genetics Association Associate Member Travel Fellowship	2012
AmeriCorps Teaching Fellowship	2010 - 2011
Psi Chi National Honor Society, Stanford University	2009 - 2010

SKILLS

Statistical Software: SPSS, STATA, Mplus, R

Languages: English (fluent), Cantonese (fluent), Mandarin (proficient), Spanish (beginner)